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## 8510 - **WELLNESS**

As required by law, the Board for the School District of Turtle Lake 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**

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.

### **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, School Board members, members of the public, and other school administrators in the development, implementation, evaluation, and periodic review and update, if necessary, of the wellness policy. School-level health advisory or wellness committees may assist in the planning and implementation of these Wellness initiatives.

### **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. Classroom Teacher
- C. Physical Education/Health Education Teacher
- D. School Food Service Representative
- E. School Nurse
- F. Community Member/Parent
- G. Student
- H. Medical or Health Care Professional

### **Nutrition Standards for All Foods/School Meal Programs/Standards and Guidelines for School Meal Programs**

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

#### **School Meal Programs**

##### **Standards and Guidelines for School Meal Programs**

- A. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010. (<https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>)
- B. Drinking water is available for students during mealtimes.
- C. The District participates in USDA child nutrition programs, including e.g. NSLP, SBP, FFVP, SMP, and SFSP.
- D. All meals are accessible to all students.
- E. Withholding food as a punishment shall be strictly prohibited.
- F. All meals are appealing and attractive and served in clean and pleasant settings.
- G. When drinking fountains are not present in the cafeteria, water cups/jugs are available.
- H. Students are provided at least ten (10) minutes to eat breakfast and at least twenty (20) to eat lunch after being seated.
- I. Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.

#### **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 restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings.

### **Standards for Foods and Beverages Sold Outside of the School Meals Program**

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

### **Fund-Raising**

The District allows up to one (1) exempt fundraiser per organization per school year. All other fundraisers 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. It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

### **Marketing**

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices. 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, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product. Criteria for selecting educational materials for the classroom shall be expanded to include a review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods. Schools will attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the principal before being printed or included on the school website.

### **Foods Offered/ Provided but Not Sold**

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. 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. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior. Celebrations that involve food will be limited to one per week. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

Only healthy snacks will be served to students in the before/after school program.

### **Nutrition Education**

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. As such:

- A. The primary goal of nutrition education is to influence students’ lifelong eating behaviors. 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.

- B. Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.
- C. Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.
- D. Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the food service staff and teachers.
- E. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12).
- F. The nutrition education shall utilize the school greenhouse and field trips will have the opportunity to visit local farms.

### **Nutrition Promotion**

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

### **Physical Activity**

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

- A. The District shall also provide opportunities for students to participate in physical activity in addition to physical education.
- B. Children and adolescents should participate in sixty (60) minutes of physical activity every day.
- C. 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.
- D. Physical activity during the school day shall not be withheld as punishment.
- E. 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. Recess monitors/teachers shall encourage students to be active during recess.
- G. Schools shall provide at least twenty (20) minutes of active daily recess to all elementary school students.
- H. Teachers shall incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible.
- I. Schools shall provide physical activity opportunities for all students before and after school.
- J. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.
- K. Opportunities to participate in the physical activity shall be promoted throughout the school via social media, school announcements, and the communicator.
- L. 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.

### **Physical Education**

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.

- A. All District middle school students in each grade shall receive at least 210 minutes of physical education per week throughout the school year.
- B. All District high school students are required to receive 1.5 credits of physical education prior to graduation. Unless otherwise exempted, all students will be required to engage in the District's physical education program.
- C. All Kindergarten - 5th grade students shall receive an average of 100 minutes of physical education per week.
- D. Students shall be moderately to vigorously active for at least fifty percent (50%) of class time during all physical education class sessions.
- E. All physical education classes are taught by licensed teachers who are certified to teach physical education.
- F. Physical education staff shall receive professional development on a yearly basis.
- G. The District shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.

### **Other Activities That Promote School Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. 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. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. Staff are strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

### **Staff Wellness**

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

- A. Educational activities for school staff members on healthy lifestyle behaviors.
- B. Administration of flu shots at school.
- C. Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- D. Staff and families will be provided with a yearly fitness center membership.
- E. School staff members shall be encouraged to model healthy eating and physical activity behaviors.

### **Community Engagement**

The District shall offer family-focused events supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year. The District shall inform and invite parents to participate in school-sponsored activities throughout the year. The District shall actively inform families and the public about the content of and any updates to the policy through the Laker Nation News Communicator, School Policy and Social Media.

Schools should promote walking and biking to school.

### **Monitoring and Evaluation - Triennial Assessment**

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.

### **Update/Inform the Public**

The District Administrator shall be responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy. In order to inform the public, the District Administrator shall include information in the student handbook and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the district.

### **Record Retention**

The District Administrator shall require that the District retains documentation pertaining to the development, review, evaluation, and update of the policy.

### **Nondiscrimination Statement**

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

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

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

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

This institution is an equal opportunity provider.

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| Legal | 42 U.S.C. 1751 et seq.<br>42 U.S.C. 1771 et seq. |
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