

# **SCHOOL DISTRICT OF LOMIRA**

## **LOMIRA SCHOOL DISTRICT'S WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION**

### **Policy Statement:**

Students who practice good nutrition attend school with minds and bodies ready to take advantage of their learning environment. The School District of Lomira encourages all members of the school community to help create an environment for students that support healthy living, including but not limited to nutrition and physical activity.

Thus, the Lomira School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Lomira School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing monitoring, and review district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

### **TO ACHIEVE THESE POLICY GOALS:**

The school district and/or individual schools within the district will create, strengthen, and work within the school health council to develop, implement, monitor, review and as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to the school for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and will include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

## **School Meals:**

In order to create and maintain an environment, which supports and teaches healthy eating habits as well as physical activity, the Director of Food Services and staff will work together as follows:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations;
- Prohibit the sale of foods of minimal nutritional value during school meal service hours.
- Offer a variety of fruits and vegetables;

**Qualifications of School Food Service Staff:** Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for the appropriate cafeteria workers, according to their levels of responsibility.

**Sharing of Foods and Beverages.** Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Foods and Beverages Sold Individually** (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte line, fundraisers, school store, etc)

**Elementary Schools:** The school food service program will approve and provide all food beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals.

**Middle School/High School:** In middle school and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, and student stores, or fundraising activities) during the school day will be encouraged to meet, at the least, minimal nutritional guidelines.

### **Beverage Items**

- The vending or non-vending sale of soda, sports drink, any form of energy drink or drink with less than 50% fruit juice will be prohibited during the instructional part of the day. These vending machines will be turned on at noon and at the conclusion of the instructional day.
- Milk, water and beverages containing at least 50% real juice may be permitted both prior to and during the instructional day. This vending machine will be on all day.

## **Candy**

- The vending of candy, candy bars, and snack cakes/brownies will not be permitted nor will it be sold on the al la Carte line, vending machines or any school functions during the instructional periods.
- Candy is defined as any item that contains sugar (including corn sweetener, corn syrup, glucose, high fructose corn syrup, raw sugar, table sugar, *listed as one of the first three ingredients*).

**Fund Raisers:** Each extra-curricular club/team or class may through the course of a school year, have a three-day food fundraiser that does not meet these wellness guidelines, per approval by the building principal. There may be one fundraiser per month that does not meet the Wellness Policy guidelines with items that could be consumed at school.

**Snacks:** Snacks served during the school day will make a positive contribution to children's diets and health with an emphasis on healthy snacks, (i.e.: fruits, whole grains, nuts, vegetables), being the primary snack and water or 100% juice as a primary beverage. Any item that contains sugar (including corn sweetener, corn syrup, glucose, high fructose corn syrup, raw sugar, table sugar), *listed as one of the first three ingredient is not permitted*. An exception will be if the item contains minimal nutritional value such as high protein, fiber or vitamin/mineral nutritional value. Honey, brown sugar or maple syrup are acceptable ingredients.

**Rewards:** If food is used as a reward for academic performance or good behavior the foods need to meet USDA nutritional standards. Any variation from this needs approval from your administrator.

**Special Occasions:** Special occasions are considered **only** to be birthdays. We recognize that there may be other special occasions when a school group needs to deviate from the above guidelines. In this case the school administration will need to provide approval.

**Nutrition Education and Promotion** Lomira School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at grade levels K-8 as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

- Promotes fruits, vegetables, whole grain products, low-fat and low sugar content products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Encourage that opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents:** The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The district will provide information about physical opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity through a newsletter and/or other take-home materials, special events, or physical education homework.

**Daily Physical Education K-12** The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities, so that students develop the knowledge and skills to be physically active for life.

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education. A certified physical education teacher will teach all physical education. Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Daily Recess.** All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which staff should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity and Punishment.** Teachers and other school personnel will not use physical activity (i.e., running laps, pushups) for punishment. Teachers shall not withhold physical activity for punishment or for schoolwork to be done. If inappropriate behavior takes place on the playground for recess, students may lose their recess as a consequence as the principal deems fit.

**Safe Routes to School.** The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for student to walk and bike to school. Any added physical exercise is encouraged outside of the school setting. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

**Use of School Facilities Outside of School Hours.** School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations as approved by administration. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs as approved by administration. School policies concerning safety will apply at all times.

## **MONITORING AND POLICY REVIEW**

**Monitoring.** The District Administrator will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district administrator.

School food service staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the district administrator. In addition, the school dietician will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes to the school administrator.

**Policy Review.** Assessments of the school's nutrition and physical activity environments and policies will be repeated every three years to help assure compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies; provision of an environment that

supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

May 2006

Updated 10-08

Reviewed 9-09

Reviewed/Revised 9-11

Reviewed/Revised 3/13