

# SCHOOL DISTRICT OF PITTSVILLE BOARD POLICY

## STUDENTS

### STUDENT HEALTH AND WELFARE

#### SCHOOL WELLNESS POLICY

458

The School District of Pittsville promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. This Wellness policy encourages all members of the school community to create an environment that supports instilling lifelong healthy habits. Nutrition and physical activity influence a child's development, health, well being, and potential for learning. The District believes school programming needs to reflect and encourage positive nutrition and physical activity messages and choices.

#### NUTRITION EDUCATION

- The school will provide a comprehensive learning environment for development and practicing lifelong wellness behavior.
- The staff responsible for nutrition education will have adequate resources and tools to effectively deliver an accurate nutrition education program. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- The school will serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- The school will provide information to families and the broader community to encourage them to teach their children about positive health and nutrition.
- Students will be encouraged to start each day with a healthy breakfast.

#### PHYSICAL ACTIVITY

- Physical activity will be encouraged inside and outside of the classroom.
- Physical education courses will be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge. This will be encouraged through instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- The school will provide a daily recess period.
- Physical activity participation and education will take into consideration the “balancing equation” of food intake and physical activity.
- The school will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted. Adequate equipment will be available for all students to participate in physical education.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- The school will provide opportunities for community access for students and community members to use the school's physical activity facilities, which can be made available, outside the normal school day and will encourage families and community members to institute programs that support physical activity, such as a walk to school program.

**OTHER SCHOOL BASED ACTIVITIES**

- Wellness policy goals are considered in planning all school-based activities, such as school events, field trips, dances, and assemblies.
- Support for the health of all students is demonstrated by hosting clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children’s health insurance programs.
- The wellness committee will be comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment.

**GUIDELINES FOR SCHOOL MEALS**

- Reimbursable meals in the cafeteria will meet the caloric needs for the appropriate age groups while staying within the established guidelines for fat and saturated fat.
- The school will follow the National Association of State Boards of Education recommendation that students should be provided adequate time to eat lunch.
- Lunch periods are scheduled as near the middle of the school day as possible
- Drinking water is available for students at meals.
- The school lunch will not be used as a reward or a punishment for student behaviors, unless it is detailed in a student’s Individual Education Plan (IEP).
- The child nutrition program will aim to be financially self-supporting.
- The school will strive to increase participation in the available federal Child Nutrition.
- The school will employ a food service employee, who is a properly qualified, certified, and/or credentialed professional who will administer the school food service program and satisfy reporting requirements. All food service personnel shall have adequate training in food service operations.

**GUIDELINES FOR OTHER FOODS ON CAMPUS**

- All foods made available on campus will be reviewed yearly to insure they are meeting the guidelines set forth in this policy. The areas of service include, but are not limited to:
  - Vending machines
  - A la carte
  - Beverage contracts
  - Fundraisers
  - Concession stands
  - Student stores
  - School parties/celebrations
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools, and high schools.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in school will be connected to activities that encourage physical activity, academic achievement, or positive youth development and are in compliance with local guidelines.
- Food provider logos and trademarks on school grounds, along with other advertisements of foods and beverages in the areas accessible to students during meal times, must be approved by the building principal. Advertisements of food and beverages must be consistent with established nutrition environment standards.
- Classroom snacks will feature healthy choices.

**FOOD SAFETY/FOOD SECURITY**

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are in place to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance, see the US Department of Agriculture food security guidelines.
- Foods obtained through the farm-to-school program will be given extra attention to ensure a safe and wholesome project. When students are involved in the harvesting, cleaning, and preparation of fruits and vegetables, they will be under the supervision of trained personnel to ensure proper food handling guidelines are followed.

**EMPLOYEE WELLNESS**

The School District of Pittsville values the health and well-being of every staff member and will implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The District’s Wellness Committee will commit to the development and promotion of yearly activities to promote staff health and wellness. The activities planned will be based on input solicited from school staff with the goal to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

**MONITORING and EVALUATION OF WELLNESS POLICY**

The Wellness committee will be responsible for the implementation and monitoring of the school wellness policy. The committee will meet annually to ensure implementation of the wellness policy and monitor/report results of the wellness initiatives within the policy.

The public will be informed of the wellness results/progress through communication in the school newsletter and District website at least two times per year (Each semester). The School Board will also be informed of the progress of the policy initiatives annually.

**Legal References:**

Wisconsin State Statutes        93.49    Farm to School Programs  
    118.01    Sale of Goods and Services at School  
    120.13(23) Pupil Participation in School Activities  
Healthy, Hunger-Free Schools Act of 2010

**Cross Reference:**            523.5    Employee Wellness  
    761      Food Service Program, Nondiscrimination

*Updated:*                            November 10, 2014  
*First Reading of Updates:*      February 8, 2016  
*Second Reading and Approval:* March 14, 2016