

DISTRICT WELLNESS

The School District of Amery (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

The District also supports and encourages employee life-long wellness behaviors and acknowledges personal wellbeing for overall health, job performance and a positive work environment.

The policy outlines the District's approach to ensuring environments and opportunities to practice healthy eating, physical activity, nutrition education, and wellbeing goals. This policy applies to all students, staff and schools in the District, including Clubhouse.

Physical Education:

The Physical education curriculum will teach children the importance of physical exercise and expose students to a wide range of physical activities so that students develop the knowledge and skills to be physically active for life. This District has adopted curriculum standards and learner outcomes for physical education that include an emphasis on physical fitness and lifetime activities. Physical education is taught to students in grades PK-12 by DPI licensed physical education teachers. All students shall have access to physical education throughout the school year. Physical education instructors shall have access to professional development.

Recess and other Physical Activities:

The District will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be required or withheld as punishment for any reason. Opportunities that promote physical activity should be made available to community members.

Nutrition Education:

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 both in the classroom and cafeteria. School gardens and nutrition instruction are encouraged as part of the curriculum.

School Nutrition Programs:

The School Nutrition Department is committed to serving healthy meals to children. The school meal programs aim to improve the diet and health of school children, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. The District shall participate in federal child nutrition programs. The District shall comply with federal guidelines and

applicable laws and regulations of the State of Wisconsin. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. All food items served or offered for sale to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines, including vending, student stores, and rewards and other programs outside of the federally regulated child nutrition programs. Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable. School nutrition services shall implement Smarter Lunchroom techniques at each school. Water fountains and/or water filling stations are available in or near all cafeterias. After obtaining food, students will have at least 20 minutes to eat lunch.

Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website, and in different languages. The district should take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way. Schools should avoid stigmatizing students who are unable to pay for their meal.

The USDA Professional Standards for State and Local nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers, and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours.

Nutrition and Wellness Promotion in the School District:

The entire school environment shall reflect the District's commitment to student and staff wellness. All food items served or offered for sale to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines, this includes vending, student stores, and rewards and other programs outside of the federally regulated child nutrition programs. USDA Smart Snack standards for beverages sold in elementary and middle schools will be met. The high school principal is encouraged to limit the sale of beverages with caffeine to high school students. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

Snacks in aftercare are served via the Child and Adult Care Food Program and meet the requirements of that program. All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day.

The exception to this is celebration foods and exempted fundraisers. Celebration foods that are less nutritious should be limited to occasionally (suggested to no more than twice per month) and not served prior to lunch. Staff shall serve as role models for students. Teachers are encouraged to use non-food alternatives as rewards. For example, extra recess may be provided when time allows. Parents are encouraged to provide nutritional foods for lunches and snacks.

Marketing:

Marketing strategies, such as taste tests and signage in the cafeteria, should be used to promote healthy food and beverages throughout the school. School based marketing shall be consistent with Smart Snacks nutrition standards. Advertising of any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited.

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.

Employee Wellness:

The District shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and wellbeing. The employee wellness committee will develop various activities throughout the school year to promote healthy lifestyles.

School Health Advisory Committee:

The District will establish a wellness committee that meets at least annually to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the district-level wellness policy and procedure, as well as notify the public of the school health environment. Policy effectiveness will be evaluated and recommendations will be made to the District Administrator. The District will invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the policy including but not limited to: Administrator, Classroom teacher, Physical education teacher, Director of School Nutrition, School Nurse, Community Member, Student, Medical/health care professional.

Wellness Policy Implementation and Enforcement:

The District Administrator will implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy. All building administrators are responsible for implementing and enforcing the wellness policy and procedures at their building. All District employees are responsible for implementing and complying with this policy while in the workplace in the presence of students. The District will triennially measure and make available to the public an assessment on the implementation of the wellness policy. The triennial progress report will be posted on the District website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.

Nothing in this policy or in the District's formal Wellness Plan shall be construed to prohibit District schools from undertaking additional school-level wellness initiatives, provided that such initiatives (1) do not either conflict with the formal Wellness Plan or unilaterally supplant or replace portions of the Plan; and (2) have otherwise been properly authorized within the District. However, the Board strongly encourages the administration and staff at individual schools to coordinate their student wellness initiatives with the formal Wellness Plan for the benefit of documenting such efforts and sharing ideas across the entire District.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004 Healthy, Hunger-Free Kids Act of 2010

CROSS REF.: 341.3, Health Education
341.4, Physical Activity Program
760, Food Services Management

APPROVED: June 26, 2017
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