

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 to 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.
- **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.
- **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 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: School Breakfast Program (SBP), National School Lunch Program (NSLP), Wisconsin School Day Milk Program (WSDMP), and Summer Food Service Program (SFSP). 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. School nutrition services shall implement Smarter Lunchroom techniques at each school.
- **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 and beverage vending machines accessible to students on school campus shall be limited to products that minimally meet the USDA nutritional guidelines. 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. All foods and beverages sold outside of the school meal programs shall meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Staff shall serve as role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks.

- **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 district will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.

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 IN PART: June 26, 2017