

LOCAL WELLNESS POLICY

Purpose and Goals

The School District of the Menomonie Area (SDMA) recognizes that good nutrition and physical activity are essential for students to maximize their full potential, reach their physical and mental capacity, and establish patterns of lifelong health and well-being. The SDMA supports the adoption and implementation of a comprehensive local wellness plan at all elementary, middle, and senior high schools. The district will work in cooperation with parents and guardians, who are the primary teachers and caregivers for their children. Improved health optimizes student performance and helps to ensure that no child is left behind.

The SDMA has a responsibility to cultivate a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity and other school-based activities designed to promote student wellness. The district administrator is responsible for establishing such committees and designating appropriate school personnel charged with operational responsibility for ensuring and measuring the implementation of the district's Local Wellness Policy.

The Local Wellness Policy will be consistent with district educational and budgetary goals. The Local Wellness Policy is designed to optimize the health and well-being of students and fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) as well as the Healthy, Hunger-Free Kids Act of 2010.

The purpose of the district Local Wellness Policy is to:

1. Include goals for nutrition education and promotion, physical activity, and other school-based activities designed to promote student wellness.
2. Include nutrition guidelines for all foods available on each school campus during the school day.
3. Provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the federal regulations.
4. Develop and review a plan for measuring the implementation and periodic review of the policy.

The Local Wellness Committee shall participate in the development, implementation, and periodic review of the Local Wellness Policy. Participation in the Local Wellness Committee consists of the general public and school community and could include the following individuals:

- √ A school board member
- √ A representative of the school administration
- √ The school nutrition director
- √ Student representative
- √ Parent representative
- √ A community health practitioner
- √ A post-secondary representative with expertise in nutrition/health
- √ Physical education teachers
- √ School nurse

School Meals Program

The school meals program will operate in accordance with the National School Lunch and Breakfast Program standards and applicable laws and regulations of the district. Schools will offer varied and nutritious food choices that are consistent with the USDA guidelines.

Menus will be planned with input from students, family members, and other school personnel and should take into account students’ cultural norms and preferences. Food-pricing strategies and marketing programs will be designed and used to encourage students to purchase nutritious meals.

Students will be encouraged to start each day with a healthy breakfast. All school meals will feature age-appropriate healthy choices that are tasty, attractive, and of high quality. Parents and caregivers will be encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from home. Healthy food and beverage choices will be promoted using smarter lunch room techniques. Efforts will be made to include locally grown foods when possible.

All Foods Sold in Schools

All foods and beverages sold outside of the school meal program will meet the USDA Smart Snacks in School Nutritional Standards at a minimum. This pertains to foods sold in schools during the school day as defined by federal mandates. By definition, a school day is midnight the night before to 30 minutes after the school day ends (30 minutes after the last bell).

Nutrition information for a la carte snacks and beverages offered in meal service lines, vending machines, fundraising activities, the school store, and school concession sales will be readily available to students, parents, and the school community. A list of all approved snacks will be kept on file in the nutrition office.

Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products, and whole grains will be available wherever food is sold or offered on the school campus during the school day.

Any foods or beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

	Elementary	Middle School	High School
Water (plain) <i>flat or carbonated</i>	All sizes	All sizes	All sizes
Low-fat milk (unflavored)	≤8 fl oz	≤12 fl oz	≤12 fl oz
Fat-free milk (flavored or unflavored)	≤8 fl oz	≤12 fl oz	≤12 fl oz
100% juice <i>flat or carbonated</i>	≤8 fl oz	≤12 fl oz	≤12 fl oz
Calorie-free beverages, <i>flat or carbonated</i>	Not allowable	Not allowable	≤20 fl oz
Low-calorie beverages (≤5 kcal/oz), <i>flat or carbonated</i>	Not allowable	Not allowable	≤12 fl oz

(The use of the Alliance for a Healthier Generations Smart Snacks Product Calculator is used for all a la carte food, beverages, fundraisers, and vending machine products. This calculator can be found at: <http://tools.healthiergeneration.org/calc/calculator/>

### Healthy Eating Environment

The district will provide adequate time for students to eat. At least 10 minutes will be provided for breakfast and 20 minutes for lunch from the time the student is seated. Adequate serving space and efficient methods of service will be used to ensure students have access to school meals with a minimum of waiting time. Adequate seating will be available to accommodate all students served during each meal period. Trained personnel in the dining area will provide adequate supervision.

### Nutrition Education

Students will participate, PreK-12, in a variety of nutrition education learning experiences that are aligned with the Wisconsin Academic Standards in Health Education. Nutrition lessons will be designed for integration into other areas of the curriculum as well as a sequential, comprehensive health education and family and consumer education program. The nutrition education program will engage families as partners in their children's education.

The district's K-12 health coordinator will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with both the districts educational and wellness policy goals.

The staff responsible for nutrition education will be adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition education program.

### Physical Activity

K-12 students will be given the opportunity for physical activity during the school day through daily recess periods, physical education classes, walking programs and the integration of physical activity in the academic curriculum. Schools will promote an environment supportive of physical activity. Students will be given opportunities for physical activity through a range of after-school programs such as intramurals, interscholastic athletics, community recreation programs, and physical activity clubs. Information will be provided to families to help incorporate physical activity into their children's lives.

Physical education classes are taught by DPI certified instructors in an environment where students, learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

According to DPI regulations, the time allocation for physical education is:

- √ Three times a week for K-6 students by or under the direction of a certified physical education teacher
- √ Grades 7-8 – weekly throughout the year taught by a physical education instructor
- √ Grades 9-12 – one and one-half credits taught over three years by a certified physical education instructor

All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined.

Staff will not withhold recess or physical movement breaks from students.

#### Other School-Based Activities to Promote Student Wellness

##### Fundraising:

The district will provide ideas and will encourage non-food items be sold as part of school-sponsored fundraisers. When food is sold, it will conform to the same standards as all foods served in schools sales, as follows:

- √ All fund raising activities must first be approved by the principal of the school or his/her designee. All foods sold during the school day or on campus must meet the guidelines established for all foods served in schools.
- √ The district allows for a special exemption for fundraisers that do not meet the guidelines established for all foods sold in school. The organization must get prior written approval by the principal and submit it to the director of student services before beginning a fundraiser that falls under this exemption. Each organization is allowed two exemptions per school year.

##### Classroom Activities, Parties, and Celebrations:

The district recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the district. Goal: All foods offered on school campus during the school day will meet or exceed the USDA Smart Snacks in Schools nutrition standards.

Teachers and staff will not use food as a reward or punishment for students. For example, they will not give coupons for fast food meals as a reward or withhold snacks as punishment for inappropriate behavior.

Staff will be provided ideas for healthy non-food rewards as well as healthy celebration choices. Information for families will also be on the district's website.

#### District Faculty, Staff, and Food Service Role in a Healthy School Environment

District staff members are encouraged to become full partners in the district's wellness goals. In support of this goal, nutritional and physical activity educational opportunities will be provided to all district staff members. These opportunities should address diverse topics related to healthy lifestyles, nutrition, and physical activity, and will be provided in the form of educational and informational materials, presentations, and workshops. District staff members are encouraged to model healthy nutrition choices and physical activity.

#### Policy Implementation and Monitoring

On each school campus, administration will ensure compliance with the standards of the local wellness policy. The School Nutrition Director will ensure compliance with nutrition policies within the school food service areas and will report annually to the district administrator.

The appointed Local Wellness Committee will complete a baseline assessment of the school's existing nutrition and physical activity environments and policies. The assessment will be repeated at least every three years to help review policy compliance, assess programs, and determine further areas of improvement. This information will be made available to the public, including the extent to

which schools are in compliance with the Local Wellness Policy, the extent to which the Local Wellness Policy compares to the model, and the progress made in attaining the goals of the Local Wellness Policy.

LEGAL REF.: Sections 118.01 Wisconsin Statutes  
118.12  
118.33(1)  
120.13  
121.02(1)  
Child Nutrition and WIC Reauthorization Act of 2004

APPROVED: July 17, 2006

REVISED: July 9, 2012  
May 11, 2015  
January 23, 2017

/s/Tammy Schneider  
Clerk