

# administrative guidelines

BOARD OF EDUCATION  
PORT WASHINGTON-SAUKVILLE PUBLIC SCHOOLS

STUDENTS  
5360/page 1 of 3

## SCHOOL / STUDENT NUTRITION AND FITNESS

To ensure that the Port Washington-Saukville School District supports and promotes a healthy school environment, the following infrastructure will be put in place to achieve the policy's goals:

- A. A quality school food service program that promotes healthy choices.
  1. Federal and state standards guide our food service staff in creating menus and providing offerings for students at various levels on a daily basis.
    - a. Meals follow USDA and DPI standards.
    - b. Students are offered low or no-fat choices of milk.
    - c. Menus offer varied meats/poultry, fresh fruits, vegetables and whole grain items.
    - d. The District will not fry foods prepared for elementary students and fried foods will be limited to once per week in the reimbursable meal lines.
    - e. Baked desserts will be limited to once per week.
  2. To promote healthier eating habits and life long nutritional values, the district will offer healthy alternatives.
    - a. 100% fruit juices will be offered exclusively at the elementary and middle levels and will constitute at least half of the juice offerings at the high school.
    - b. Unlimited servings of fresh and light syrup canned fruits and vegetables will be available with all reimbursable lunches. Vegetable choices will follow DPI regulations and include a mixture of different colored vegetables throughout the week.
    - c. Whole grain products will be used exclusively beginning September 13, 2013.
    - d. Only reduced fat or baked chips will be served at the elementary and middle schools.
    - e. Fryer oil will be of the low trans-fat variety.
    - f. Nutritional information will be readily available for all food items served.
    - g. Price points on healthier choice items will have less of a mark-up option than less healthier choices.
    - h. Type "A" choices in the ala Carte line will be limited to sandwiches, salads and fruit plates.
    - i. Parents and teachers will be encouraged to provide rewards and treats that are inline with the District Nutrition and Fitness Guideline reducing the inclusion of less nutritious items.
    - j. Booster Club offerings will include healthy alternatives with the district assisting the Booster Club by reviewing and suggesting healthy choice options.
    - k. School vending machine offerings will have minimum standards for inclusion.

# administrative guidelines

BOARD OF EDUCATION  
PORT WASHINGTON-SAUKVILLE PUBLIC SCHOOLS

STUDENTS  
5360/page 2 of 3

- B. Physical education experiences that promote life-long fitness and activities that are not restricted to the physical education classroom.
  - 1. Physical education classes provide the structure to create a positive healthy learning environment while promoting health and physical fitness curriculum and ideals.
    - a. Curriculum must be in place to expose students to a wide range of physical activities and promote lifelong healthy eating, physical activity and fitness.
    - b. Instruction must focus on the five health-related components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition).
    - c. Activity and game design must include vigorous movement and fitness during individual and team sports.
  - 2. Physical Education themes will be infused into additional areas of school experiences.
    - a. Building observation of health topic of the month.
    - b. Incorporate fitness into classrooms and create a school incentive program.
  - 3. Recess is an important time in the elementary schedule. Encouraging daily ACTIVE recess for all students promotes an optimal learning environment for students by providing the brain and body with greater oxygen levels to facilitate learning.
    - a. Incorporate organized fitness activities and games.
    - b. Provide students with equipment for active recesses.
- C. Support items A and B through the cultivation and integration of health and wellness across the curriculum and increasing parental awareness.
  - 1. The comprehensive curriculum approach will positively influence students knowledge, attitudes, skills and behavior towards life-long healthy eating habits, wellness and physical activity.
    - a. Review and revise curriculum to ensure inclusion of nutrition and wellness concepts.
    - b. Encourage teachers to effectively integrate nutritional and wellness concepts into their instruction.
    - c. Encourage teachers to effectively integrate nutritional and wellness concepts into their daily life.

# administrative guidelines

**BOARD OF EDUCATION  
PORT WASHINGTON-SAUKVILLE PUBLIC SCHOOLS**

**STUDENTS  
5360/page 3 of 3**

2. Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels. Nutrition education may be provided in the form of handouts, school newsletters, postings on the district Web site, or presentations that focus on nutritional value and healthy lifestyles.
  - a. Parents will have the information necessary to make healthy choices for their families.
  - b. Promote family practices and activities that complement the curricular goals.
3. The district will maintain a nutrition/wellness committee with the purpose of monitoring the implementation of the district's wellness policies, evaluating the progress of related goals, serve as a resource to school sites, plan special events and incentives, and recommend policy revisions as necessary.

Approved: 8/14/06

Revised: 1/29/13