

SCHOOL WELLNESS

- I. The Port Washington-Saukville School District is committed to the optimal development of every student. Good nutrition, regular physical activity, and positive social emotional well-being are strongly correlated with positive student outcomes. The District believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating, physical activity, and positive social emotional strategies throughout the school day and beyond.

- II. The designated officials for oversight of the wellness policy are the Director of Business Services and the Director of Special Services. These officials shall convene the Wellness Committee and lead the review, update, and evaluation of this policy.
 - A. To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than two times during the school year to implement, assess, review, and make recommendations for changes to the Wellness Policy.

 - B. The District shall invite a diverse group of stakeholders to participate on the Committee. Stakeholders may include:
 1. Administrator(s)
 2. Classroom teacher(s)
 3. Physical education teacher(s)
 4. School food service representative(s)
 5. School nurse
 6. Community member(s)/parent(s)

- III. The District is committed to serving healthy meals to our students. The school meals program aims to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.
 - A. The following Standards and Guidelines for School Meals will be followed for all meals served within the school meals program:
 1. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/school-meals/nutrition-standards-school-meals).

2. All meals are accessible to all students.
 3. All meals are appealing and attractive and served in clean and pleasant settings.
 4. All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.
 5. The District's nutrition services shall notify parents of the availability of food program offerings and assist the parents in determining if they meet eligibility for reduced or free meals.
- B. The following Standards and Guidelines will be followed for all foods and beverages sold outside of the school meals program during the school day:
1. All food and beverages sold and served outside of the school meals programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
 2. The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows up to two exempt fundraisers per student organization per school per year, as approved by the building principal. Additional food item fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day. Groups should be made aware of other high interest non-food related fundraisers.
- IV. Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes:
- A. brand names, trademarks, logos, or tags except when placed on a food or beverage product/container;
 - B. displays, such as vending machine exteriors;

- C. corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms);
 - D. advertisements in school publications/mailings;
 - E. sponsorship of school activities, fundraisers, or sports teams;
 - F. educational incentive programs such as contests or programs;
 - G. and free samples or coupons displaying advertising of a product.
- V. The District encourages food, that is brought by staff or family members and offered on the school campus, to meet or exceed the USDA Smart Snacks in School nutrition standards. This includes food that is provided at celebrations, parties, classroom treats, and rewards. Non-food options will be promoted, and a list of ideas is available to staff and family members. Catering options will be available through the District's Food Service Program that complies with the USDA Smart Snacks in School nutrition standards.
- VI. The primary goal of nutrition education is to influence students' lifelong eating behaviors. By September 2020, nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.
- VII. The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment and integrate at least two Smarter Lunchroom techniques at each school.
- VIII. The District shall provide students with age and grade appropriate opportunities to engage in physical activity, physical education, and health education. As such, children and adolescents should participate in 60 minutes of physical activity every day, not all of which is expected during the school day.
- A. The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

- B. The District shall also provide opportunities for students to participate in physical activity in addition to physical education.
- C. Physical activity during the school day shall not be withheld as punishment, including student homework completion.
- D. Recess monitors/teachers shall encourage students to be active during recess.
- E. Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible.
- F. If recess is withheld from a student, the student shall be given an alternative opportunity for physical activity.
- G. All District elementary students in each grade shall have physical education a minimum of 75 minutes per week.
- H. All District middle school students are required to take the equivalent of one academic year of physical education.
- I. All District high school students are required to receive 1.5 credits of physical education prior to graduation.
- J. In health education classes, the District shall include topics of physical activity, including:
 - 1. the physical, psychological, or social benefits of physical activity;
 - 2. how physical activity can contribute to a healthy weight;
 - 3. how physical activity can contribute to the academic learning process;
 - 4. how an inactive lifestyle contributes to chronic disease;
 - 5. and decreasing sedentary activities.
- IX. As appropriate, schools shall support students, staff, and parents’ efforts to maintain a healthy lifestyle. The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. The District will offer at least two family focused events supporting health promotion each year that may include health fairs, and nutrition/physical activity open houses.

- X. The District will implement the following activities below to promote healthy eating and physical activity among school staff:
 - A. Educational activities for school staff members on healthy lifestyle behaviors.
 - B. Distribution of an employee health newsletter to promote healthy behaviors.
 - C. Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- XI. The District shall inform and invite parents to participate in school-sponsored activities throughout the year.
- XII. The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.
- XIII. The district will actively inform families and the public about the content of and any updates to the policy through the school website and the Board of Education meetings.

X. Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the

form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Legal reference:

Sections 93.49, 118.01(2)(d)2, 118.12, 118.33, 120.13(17), 120.13(19), 121.02(1)(f), 121.02(1)(j), Wis. Stats.
Wisconsin Administrative Code: PI 8.01(2)(j)2
Federal Laws and Regulations: 42 U.S.C. 1758b, 42 U.S.C. Ch. 13, 7 C.F.R. Part 210, 7 C.F.R. Part 220
Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004

Cross reference:

Board Policy 5531 – Student Mental Health
Board Policy 5830 – Student Fundraising Activities
Board Policy 8500 – Food Services
Board Policy 8531 – Free and Reduced-Price Meals
Board Policy 8532 – School Meal Account Charges and Collections
Board Policy 8540 – Vending Machines
Administrative Guideline 5531 – Student Mental Health

Approved: 8/14/06

Revised: 12/10/07; 3/12/15; 4/08/19

The Port Washington-Saukville School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Director of Special Services, Port Washington-Saukville School District, 100 W. Monroe Street, Port Washington, WI 53074 - Duane.Woelfel@pwssd.k12.wi.us