



## **Policy Preamble**

Montello School District (hereto referred to as the District) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day 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 and physical activity behaviors throughout the school day.

## **Policy Leadership**

The superintendent, Margaret M. Banker, shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.

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 and review, and make recommendations for changes to the Wellness Policy.

The District shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Board member
- Classroom teacher
- School food service representative
- School nurse
- Community member/parent
- Student

## **Nutrition Standards for All Foods**

The District is committed to serving healthy meals to our students. The school meal programs aim 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

### *Standards and Guidelines for School Meals*

The District is committed to ensuring that:

- 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](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals)).
- All meals are accessible to all students.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.

- When drinking fountains are not present in the cafeteria, water cups/jugs are available.,
- Students are provided at least 10 minutes to eat breakfast and at least 20 to eat lunch after being seated.
- All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.
- Lunch shall be scheduled following recess for elementary students.
- Lunch shall be served between 11:15 - 1:00.
- Menus shall be posted on the District website and will include nutrient content.
- Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- 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.

In addition, the District’s nutrition services shall:

- Notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.
- Explore the use of nontraditional breakfast service models (such as breakfast in the classroom) to increase breakfast participation.

#### *Foods and Beverages Sold Outside of the School Meals Program*

- All food and beverages sold and served outside of the school meal 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>.
- All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards.
- The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other 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.

#### *Marketing*

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 brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or

sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### *Foods Provided but Not Sold*

The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

## **Nutrition Education**

Nutrition curriculum shall be offered as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote health. As such:

- Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.
- Curriculum will place an emphasis on: Promotion of adequate nutrient intake, healthy food preparation techniques, food safety, and healthy eating practices based on the Dietary Guidelines for Americans and MyPlate; Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information; and Media literacy and the problems associated with food marketing to children.
- Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers.
- Staff members responsible for nutrition education will regularly participate in relevant professional development.

## **Nutrition Promotion**

The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. As such:

- Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.
- School nutrition services shall purchase at least one locally grown/produced products each year.
- School nutrition services shall menu at least one local food per month.
- School nutrition services shall offer students school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods.
- The District shall offer students the ability to participate culinary activities, such as cooking clubs and the Wisconsin Student Chef Competition.

## **Physical Activity**

The District shall also provide opportunities for students to participate in physical activity in addition to physical education. As such:

- Children and adolescents should participate in 60 minutes of physical activity every day.

- The District shall provide students with age and grade appropriate opportunities to engage in physical activity.
- The District shall develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components: physical education, recess; classroom-based physical activity; walk to school; and out of school time activities.
- Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting
- Physical activity during the school day shall not be withheld as punishment.
- Recess monitors/teachers shall encourage students to be active during recess., Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible.
- Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes, e.g. academic or attendance requirements.
- Teachers shall offer short (3-5 minute) activity breaks throughout the school day. Resources and ideas are available through
- Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.
- District facilities shall be made available to students and community members
- Opportunities to participate in physical activity shall be promoted throughout the school via
- The District shall support active transport to and from school by engaging in the following activities (check those that apply below):
  - Designation of safe or preferred routes to school.
  - Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).
  - Instruction on walking/bicycling safety provided to students.
  - Crossing guards are used.
  - Crosswalks exist on streets leading to schools.
  - Creation and distribution of maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.).

### Physical Education

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. As such:

- All District elementary students in each grade shall have physical education a minimum of three times per week.
- All District middle school students are required to take the equivalent of one academic year of physical education.
- All District high school students are required to receive 1.5 credits of physical education prior to graduation.
- Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.

- All physical education classes are taught by licensed teachers who are certified to teach physical education.
- Physical education staff shall receive professional development on a yearly basis.
- In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

## **Other School Based Activities that Promote Wellness**

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. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. 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.

### *Staff Wellness*

The District will implement the following activities below to promote healthy eating and physical activity among school staff.

- Educational activities for school staff members on healthy lifestyle behaviors.
- Distribution of an employee health newsletter to promote healthy behaviors.
- Organization of employee physical activity clubs.
- Administration of flu shots at school.
- Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.
- Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.
- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- District shall offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom.

### *Community Engagement*

The District shall provide information on how the public can participate in the school wellness committee on an annual basis.

## **Monitoring and Evaluation**

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. The District wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance.

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