

**SCHOOL DISTRICT OF BAYFIELD  
DISTRICT WELLNESS**

The Bayfield School District is committed to building school and community connections that create a school environment that treats all students and staff with respect and dignity, provides a safe physical emotional learning environment, and promotes respect, honesty, responsibility and kindness.

The Bayfield School District strives to make a significant contribution to the general well being, mental, social, and physical capacity and learning ability of each student and staff member, and to afford opportunities to fully participate in the education and learning process. This learning is accomplished through the collaboration among school, parents and community.

The District promotes a healthy school environment by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. By facilitating learning through the support and promotion of good nutrition and physical activity, the school contributes to the basic health status of students and staff. Improved health optimizes student performance potential and ensures that no child is left behind.

**The School Environment**

The District shall strive to:

Improve each student's readiness to learn and to form supportive and constructive relationships that will afford them the opportunity to fully participate in the education process.

Enhance the success of students in the classroom by providing prevention and intervention strategies consistent with student needs.

Develop self-confidence and maintain a safe psychological environment for students and staff free of harassment, bullying and other intimidating behavior.

Provide a lunchroom environment that provides students with a relaxed, enjoyable climate where students have adequate time for meals.

Create an environment of mutual support during times of personal, school, and community crisis.

## **Nutrition and Nutrition Education**

The District shall support and promote good nutrition and proper dietary habits of students and staff through education and other activities. All foods available on school grounds and at school-sponsored activities, including reimbursable school meals, shall meet applicable legal requirements and established District Nutrition Standards.

All fundraising projects are encouraged to follow the District Nutrition Standards. The vending sales of candy and other high sugar products will not be permitted on school grounds. Candy and other high sugar products are defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose, dextrose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar/sucrose, or syrup) listed as one of the first two ingredients.

Non-vending sales of candy and other high sugar products will be permitted only at the conclusion of the instructional day.

Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat. Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.

Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of mono-saturated fat. Foods high in mono-saturated fat help lower bad cholesterol and maintain good HDL cholesterol.

School/classroom provided snacks and meals will contain nutrient dense foods (i.e., whole grains, fresh fruits and vegetables). Snack recommendations include fresh fruit or fruit cups, Graham Crackers, fresh vegetables, yogurt dip, dried fruits, pretzels, string cheese, cheese cubes, popcorn, whole grain crackers, trail/cereal mixes, whole grain breads, wraps, pitas, bagels, crackers, low-fat muffins, granola bars, 100% fruit juices, low-fat dairy products, proteins (peanut butter, chesses, lean meats) dry roasted peanuts, tree nuts, soy nuts, sugar-free gelatin and low-fat pudding cups.

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutrition Standards.

The District shall involve family members and the community in supporting and reinforcing education on nutrition and physical activity and the promotion of healthy eating and lifestyles.

## **Physical Activity Opportunities and Physical Education**

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, should have the opportunity to participate in and receive daily physical activity throughout the school year. Physical education should follow DPI licensure requirements and instructional time guidelines. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) should not be substituted for meeting the physical education requirement. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

All elementary schools should strive to provide 45 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment.

The schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

All elementary, middle, and high schools should strive to offer physical activity programs, such as physical activity clubs or intramural programs. The high school, and middle school as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school enrichment programs should provide and encourage daily periods of moderate to vigorous physical activity for all participants through the provision of space, equipment, and activities.

Teachers and other school and community personnel should not use physical activity (e.g., running laps, pushups) or habitually withhold opportunities for physical activity (e.g., recess, physical education) as punishment unless there is a safety issue.

## **Nutrition Education**

All instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

Knowledge of food guide pyramid	Healthy diet
Multicultural influences	Anishinaabe Food Pyramid
Healthy heart choices	Food labels
Sources and variety of foods	Major nutrients
Guide to a healthy diet	Diet and disease

Serving sizes  
Proper sanitation  
Health breakfast

Understanding calories  
Identify and limit junk food  
Healthy snacks

The District's school wellness, nutrition and physical activity policy reinforces nutrition education to help students practice these themes in a supportive school environment.

A District Wellness committee shall be established for the purposes of monitoring implementation of this policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary.

LEGAL REF:           Sections 118.001 Wisconsin Statutes  
                          118.01(2)(d)8  
                          118.12  
                          118.33(1)  
                          120.13  
                          121.01(1)  
                          Child Nutrition and WIC Reauthorization Act of 2004

APPROVED: January 11, 2010